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Cancer survivorship, excess body fatness and weight-loss intervention—where are we in 2020?

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Published in:
British Journal of Cancer

DOI:
[10.1038/S41416-020-01155-2](https://doi.org/10.1038/S41416-020-01155-2)

Publication date:
2020

Document Version
Peer reviewed version

[Link to publication in Discovery Research Portal](#)

Citation for published version (APA):

Anderson, A., Martin, R. M., Renehan, A. G., Cade, J., Copson, E. R., Cross, A. J., Grimmett, C., Keaver, L., King, A., Riboli, E., Shaw, C., Saxton, J. M. (2020). Cancer survivorship, excess body fatness and weight-loss intervention—where are we in 2020? *British Journal of Cancer*, 124, 1057-1065. <https://doi.org/10.1038/S41416-020-01155-2>

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Table 1 Interpretation of studies evaluating anthropometric measures on mortality and survival

When measure determined	Time zero in modelling	Endpoint terminology	Interpretation
Pre-diagnosis	At cohort entry	Cancer mortality	Cancer mortality and all-cause mortality among cohort participants is conditional on the exposure influencing cancer incidence, subsequent treatment and cancer biology. These studies indicate the burden of death attributed to anthropometric exposures (e.g. EBF). The findings have implications for public health and global policy but do not have direct implications for weight management intervention strategies in cancer survivors.
Peri-diagnosis/peri-treatment	At diagnosis or start of treatment	Survival	These studies are best considered as prognostic studies and should be interpreted in light of adjustment for other major cancer prognostic factors including disease stage, treatment, and performance status. There is often a proportion of patients who have lost weight due to the cancer and treatment (reverse causality), with downward BMI category migration. These studies add some evidence to directly inform weight management policies in cancer survivors.
Post-treatment	During survivorship e.g. at year 1	Survival	These studies are in patients who have already survived treatment. Survival endpoints are important but so are quality of life, late-effects of cancer treatment, avoidance of other cancer events and other diseases. These studies add evidence to directly inform weight management policies in cancer survivors.